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NORTH COAST TRADER STAFF

PUBLISHER Melissa Sanderson • melissa@northcoastjournal.com

EDITOR Jennifer Fumiko Cahill • jennifer@northcoastjournal.com

CALENDAR EDITOR Kali Cozyris • calendar@northcoastjournal.com

PRODUCTION MANAGER Holly Harvey • holly@northcoastjournal.com

GRAPHIC DESIGN/PRODUCTION

Heidi Bazán Beltrán, Dave Brown, Rory Hubbard, Renée Thompson
ncjads@northcoastjournal.com

ADVERTISING MANAGER Kyle Windham • kyle@northcoastjournal.com

TRADER SALES DIRECTOR Bruce Proctor • bruce@thetrader707.com

SENIOR ADVERTISING REPRESENTATIVES

Bryan Walker • bryan@northcoastjournal.com Judeen Peck • judeen@thetrader707.com

ADVERTISING REPRESENTATIVE

Heather Luther • heather@northcoastjournal.com

CLASSIFIED ADVERTISING Mark Boyd • classified@northcoastjournal.com

INSIDE SALES REPRESENTATIVE Trevor Lee • trevor@northcoastjournal.com

BOOKKEEPER Deborah Henry • billing@northcoastjournal.com

OFFICE MANAGER/DISTRIBUTION Michelle Dickinson • michelle@northcoastjournal.com

MAIL/OFFICE

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How often do sharks bite people off the coast of California?



Photo by CDFW Senior Environmental Scientist Elizabeth Hellmers

Sharks

Q: How often do sharks bite people off the coast of California?

A: California Department of Fish and Wildlife (CDFW) scientists published a study in December 2022 reviewing all available information on California shark incidents. The study showed there were 201 confirmed shark incidents in

California waters between January 1950 and December 2021. Among those incidents, 107 caused non-fatal injuries and 15 were fatal.

On average, there were fewer than three incidents annually. The average annual number of incidents resulting in injury was less than two. The average annual number resulting in fatalities was far less than one. While the annual number of reported shark incidents without injuries has increased since 2004, there did not appear to be an increased risk to ocean users, the study showed.

CDFW uses the word “incident” rather than terms like “bite” or “attack” which imply intent on the part of the shark to knowingly harm or consume a person. Most interactions where sharks bite people can be attributed to exploratory bites in which the shark is investigating an object in its environment, or incidents in which the shark mistakes a person for its natural food source. White sharks have been observed biting many non-food items including kelp, floating debris, and other inanimate objects.

Shark incidents in California remain quite rare. However, as with any wilderness activity, entering the ocean includes risks that must be weighed on an individual basis and given a variety of considerations. Kudos to CDFW scientists John Ugoretz, Elizabeth Hellmers and Julia Coates for their valuable and wide-ranging study. For more information on white sharks see: wildlife.ca.gov/

Conservation/Marine/White-Shark.

Deer Poaching

Q: Can a deer hunter lose their hunting license if they are convicted of a poaching offense?

A: Yes. Decades of wildlife law enforcement have provided anecdotal evidence that the potential loss of future hunting privileges is often more effective than fines to deter future poaching behavior.

The relevant statute comes from California Fish and Game Code section 4340(a) which states: Any person who is convicted of a violation of any provision of this code, or of any rule, regulation or order made or adopted under this code, relating to deer, shall forfeit his or her deer tags, and no new deer tags shall be issued to that person during the then current license year for hunting licenses. Section 4340(b) also specifies that no person described in subsection (a) may apply for deer tags for the following license year.

In addition, the California Fish and Game Commission can suspend or revoke hunting and sport fishing privileges when an individual is convicted of violating the Fish and Game Code or its implementing regulations, per California Code of Regulations, Title 14, section 745.5.

Oil Spills

Q: What is CDFW’s role in conserving wildlife habitat after an oil spill?

MY NAME IS KATE
Cattle-Dog. Puppy, Female, Small.



MY NAME IS AMARI
Domestic Short Hair.
Young, Female, Small.



South Coast Humane Society
(541) 412-0325 www.mysouthcoasthumane.org
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A: CDFW's Office of Spill Prevention and Response (OSPR) is the state's public trustee in protecting, managing and restoring California's wildlife and habitat after an oil spill.

OSPR works to protect and preserve 3,400 miles of shoreline and 7,700 square miles of state waters from petroleum substances. When a spill occurs, OSPR deploys a team of wildlife officers, scientists and oil spill prevention specialists to manage the state's response. These responders often work within a unified command that includes federal and local agencies, and the responsible party.

OSPR was established by the Lempert-Keene-Seastrand Oil Spill Prevention and Response Act of 1990. The legislation came on the heels of two major spills, the 1989 Exxon Valdez oil spill in Alaska, in which 11 million gallons of crude oil was released, and the American Trader spill in Orange County in 1990 that resulted in a release of 416,598 gallons of crude oil.

For more visit CDFW's OSPR web page.



If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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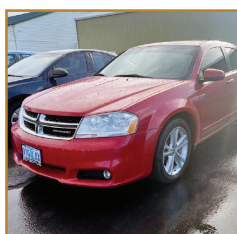
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5 Financial Tips for Newlyweds



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(STATEPOINT) February is the month of love and one of the most popular times of year for couples to get engaged. According to a recent study, 36 percent of respondents said Valentine's Day is the most romantic day to propose. If you're about to get married or just walked down the aisle, here are five things to do to ensure your financial health.

1. Determine how you will handle finances. They say money can't buy love and happiness, but talking about it in a marriage, or even beforehand, goes a long way. You'll want to discuss whether you'll have a joint bank account and credit cards, separate accounts or a combination of the two. It's a personal decision, so consider the pros and cons. It's also a good idea to know the roles you will play. For example, will you or your partner pay the day-to-day bills? The other person may want to manage the monthly mortgage and auto expenses, or even the long-term investments and retirement funds. If you need help coming up with a plan, you may want to seek the advice of a financial counselor.

2. Get life insurance. You may not realize that February is also Insure Your Love Month, a time to think about protecting your loved ones if something unfortunate should happen. "If you have

people who depend on you — including your new spouse — chances are you need life insurance," said Lou Colaizzo, senior vice president, Erie Family Life. "While it's hard to think about the possibility of not being there for a loved one, it's so important to plan for." Colaizzo added that some people may hesitate to seek out life insurance because they don't want to go through the trouble of getting a medical exam, but that's not always necessary. For example, Erie Insurance has a policy called ERIExpress Life, which may be able to provide protection with a simple application process and no physical medical exam. Colaizzo recommends people consult with their insurance agent to find the right life insurance policy and coverage amount that's best for them.

3. Protect your bling. Chances are you spent a lot of time and money picking out rings you'll love and wear every day. Unfortunately, burglaries are more common than you may think. According to the FBI, there were more than 1.1 million burglaries in 2019. Protect your wedding jewelry, and any other expensive jewelry, by adding these items to your homeowners or renters policy. It is advisable to have photos and documentation of the value of the ring and other valuable jewelry in the event of a theft

or a loss.

4. Update your car insurance. Notify your agent to make sure you're both covered to drive each other's cars. You may also be eligible for savings, such as a multi-car discount or bundling your car insurance with homeowners and/or life insurance. Additionally, some insurance companies offer a lower rate for married couples.

5. Make updates to your records if you change your last name. It's a big decision and takes a lot of work if one of you decides to change your name after marriage. It's important to be patient and diligent as the entire process may take several months. Remember to update all the appropriate forms, including a new Social Security card, driver's license, passport, bank accounts and credit cards, among other considerations. Additionally, notify your employer for payroll and health insurance coverage updates.

Getting married is an exciting, big life event. While you and your partner start your new life together, have an open conversation about financial considerations and double check to make sure you're covered to protect the life you're building.





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How to Turn Your Finances Around in the Months Ahead

(STATEPOINT) Many consumers are feeling financial strain after a challenging economic year in 2022. One in three Americans say they are struggling to get by or are in trouble financially, according to Lincoln Financial Group's Consumer Sentiment Tracker. The study also found that people aren't necessarily seeing any relief in sight, with 76 percent believing factors like inflation, market volatility and debt will worsen.

However, there are a few bright spots. Those who had specific financial goals last year were two to three times more likely to say various aspects of their personal finances improved. They were also three times more likely to say they did a great job on their overall financial wellness last year and twice as likely to be optimistic about their finances in 2023. So where should you start in creating and reaching your own financial goals?

"Lincoln's research underscores the importance of taking a definitive approach," said Ed Walters, senior vice president, Lincoln Financial Network, the wealth management arm of Lincoln Financial Group. "While financial goals don't need to be complicated, you should be able to easily track and monitor your progress. Consumers' wallets are stretched thin with many competing financial priorities, so now is a great time to get back to the basics."

Lincoln Financial Group recommends setting these three goals to help turn your finances around in the months ahead:

1. Develop and stick to a budget.

Keep it simple. Start with fixed expenses like mortgage, rent, savings and car payments, then move to the more flexible expenses like groceries and entertainment. Instead of establishing a fixed amount, bucket the flexible expenses together and adjust how you allocate your money monthly to address your needs and plans for that month. Tap into budgeting calculators and other expense management tools.

2. Save some money from every paycheck. Now that you have a simple budget in place, take a few minutes to review those monthly expenses, from mortgage and car payments to morning coffee. Cutting a little bit here and there may reveal extra money to set aside. Those funds can be put toward an emergency savings account, employer-sponsored retirement plan or college fund, or be used to prioritize investments. You'll be surprised how quickly a little bit adds up over time.

3. Work with a financial professional. Lincoln's study found consumers who are advised by financial professionals are more successful in meeting their goals. A financial professional can help tailor a holistic plan to your specific needs, as well as educate you about various insurance and retirement solutions.

"It's important that you're honest with yourself about where you are financially and what your goals are," said Walters. "With a little discipline, knowledge and guidance, you can have a strong financial year and see long-lasting results." ♦

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Are You in a Weight Loss Plateau? 5 Reasons Why the Scale is Stuck

(STATEPOINT) So, you took the leap and signed up for a weight loss program. But once you got started, it was a whole different story. While you may feel like you're doing everything to a T, the scale is stuck and you can't figure out why. Plateaus are a normal part of any weight loss journey, but there are many reasons for them. Check out these six reasons why the scale may be stuck:

1. Overeating. Weight loss is dependent on "calories in" being lower than "calories out." Eating too much for your current activity level and weight could be a reason why the scale is stuck. "Meal delivery programs can help eliminate any guesswork," says nutrition expert Chris Mohr, PhD, RD. "Plans like Nutrisystem are perfectly portioned to provide the right balance of nutrients at every meal. The program boasts SmartAdapt science, which provides personalized plans that adapt to your unique metabolism and weight loss goals and help minimize plateaus."

2. Not Keeping Track. Overeating, skipping meals and portion control can all be eased if you get more diligent with

food tracking.

Take it from the experts: According to research published in the journal "Obesity," self-monitoring your diet is the number one predictor of weight loss success, and it takes less than 15 minutes each day.

Try tracking your diet at least 80 percent of the time or at least five to six days of the week. Be sure to include all eating occasions (even nibbling), portion sizes and ingredients. This way, when the scale is stuck, you can evaluate where you may be overdoing it. The NuMi app by Nutrisystem is a useful tool to keep your meal plan organized.

3. Skimping on Protein and Fiber. Try maximizing protein and fiber in your diet. "Protein helps preserve lean muscle mass while losing weight to help maintain metabolic rate. Also, protein and fiber keep you feeling full longer. What's more, protein is more thermogenic than carbohydrates and fats — meaning you'll burn more calories digesting and absorbing high-protein foods. Fiber isn't fully digested, so the calorie contribution from fiber is less



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Northcoast Children's Services

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TEAM TEACHER, Crescent City

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one-yr. experience teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$18.69-\$19.62/hr. **Open Until Filled.**

ASSISTANT TEACHERS, (Various Programs/Locations)

Assist center staff in the day-to-day operation of the classroom for a preschool program. 6-12 ECE units preferred or enrolled in ECE classes and have 6 months' exp. working w/ children. P/T 17-27 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled.**

INTERPRETERS, Eureka, Fortuna

Assist in interpreting in class, at parent meetings and on home visits for children and families. Bilingual Spanish required. Must have 6 months' experience working with children and families. Prefer 6-12 units in Early Childhood Education. P/T 12-20 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707- 822-7206 or visit our website at

www.ncsheadstart.org

than other carb sources," adds Mohr.

4. Increasing Muscle. If you've been hitting the gym and putting on muscle, you might also experience a stall on the scale. Find other measures of success in the meantime. For example, your jeans may be fitting better or you may have more energy. These non-scale victories are just as valuable as a number on the scale.

5. Other Lifestyle Factors. Lack of sleep can disrupt weight loss. The National Sleep Foundation recommends sticking to a regular sleep schedule. Limit caffeine and screen-time in the hours before bed. The light emitted by screens on electronic devices reduce your body's production of melatonin, the hormone that regulates your sleep and wake cycle, according to Harvard Health. You can also try a before bed exercise routine.

Did you know that chronic stress can halt weight loss? Address your stress with self-care. Try meditation, daily exercise and breathing techniques. You should also seek out a support system and engage in your community. Feeling overly stressed? Be sure to speak with your doctor.

6. Illness or Injury. A recent illness or injury can cause increased inflammation that results in water retention. Additionally, injury or illness can decrease daily activity and overall calories burned. Some medications may also stall weight loss. Keep in mind that your overall health should always take precedence over the number on the scale. Consult your doctor. It may mean modifying your weight loss program temporarily. This setback is not the end of your journey though. Once you've recovered, you should be able to start where you left off, pending your doctor's approval.

"Ultimately, your goals should be realistic. Don't expect the pounds to fall off instantly. Have patience and give yourself some grace. If you're doing the work, that's all that matters," says Mohr. ♦

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Drive: FWD
Trans: Automatic
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\$8,988

2008 Chevrolet Malibu LTZ



Color: Red
Interior: Leather
Drive: FWD
Trans: Automatic
Engine: 3.6L V6 DOHC 24V
Mileage: 115,277
Stock #: 1052

\$9,988

2006 Nissan Frontier XE King Cab



Color: Red
Interior: Cloth
Drive: 2WD
Trans: 5 Speed
Engine: 2.5L I4 DOHC 16V
Mileage: 130,492
Stock #: 1053

\$10,988

2010 Toyota Prius V Hybrid



Color: Gray
Interior: Leather
Drive: FWD
Trans: Automatic
Engine: 1.8L I4 DOHC 16V
Mileage: 167,144
Stock #: 1017

\$12,988

2015 Subaru Forester 2.5i Sport



Color: Gray
Interior: Cloth
Drive: AWD
Trans: Automatic
Engine: 2.5L H4 SOHC 16V
Mileage: 118,313
Stock #: 4277-1

\$12,988

2006 Honda Ridgeline RTS



Color: Blue
Interior: Cloth
Drive: AWD
Trans: Automatic
Engine: 3.5L V6 DOHC 24V
Mileage: 145,840
Stock #: 1040

\$13,988

2013 Hyundai Elantra GT A/T



Color: Black Interior: Leather
Drive: FWD
Trans: Automatic
Engine: 1.8L I4 DOHC 16V
Mileage: 51,061
Stock #: 1051

\$13,988

2013 Honda Odyssey EX



Color: Gray
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 3.5L V6 SOHC 24V
Mileage: 115,775
Stock #: 1048

\$14,988

2016 Honda Civic LX



Color: Blue
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 2.0L I4 DOHC 16V
Mileage: 121,165
Stock #: 1042-E

\$16,988

2019 Chevrolet Colorado Ext Cab



Color: White
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 2.5L I4 16V
Mileage: 90,696
Stock #: 1043-E

\$20,988

2019 Ford Fusion Hybrid SE



Color: White
Interior: Cloth
Drive: 2WD
Trans: Automatic
Engine: 2.0L I4 DOHC 16V
Mileage: 37,787
Stock #: 1045-E

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2019 Toyota Tacoma SR5 Dbl Cab



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PANCAKE BREAKFAST: Knights of Columbus first Sunday of the month pancake breakfast. St Bernard Church Parish Hall 8:30AM to Noon. \$10 adults; \$4 children.

SENIOR DESPERATELY NEEDS DECENT HOUSING and transportation. Section 8. 707-972-4456.

FOOD

Valentine's Recipes You'll Love to Share



FamilyFeatures.net

(FAMILY FEATURES) If the way to your loved one's heart is through the stomach, there's no better way to start off this Valentine's Day than with a homemade breakfast prepared with love.

Whether you're whipping up a breakfast for a spouse with a sophisticated palate or trying to tempt the taste buds of your littlest loves, explore these ideas to get inspired.

Red is the color of love, so build your menu around fresh strawberries or raspberries, which pair perfectly with French toast or crepes, and can even dress up a simple cereal.

For a more sensible menu, opt for a fruity berry smoothie or a parfait layered with fresh fruit, low-fat yogurt and granola. Add a hint of loving indulgence by sprinkling dark chocolate shavings on top.

Show your affection with a plate of these colorful Cocoa-Kissed Red Velvet Pancakes featuring rich 100 percent cocoa, buttermilk and fresh berries. Heart-shaped cookie cutters lend a special touch to these fluffy, flavorful pancakes. Add sweet garnishes like powdered sugar and berries for a sensational way to say "I love you."

Find more recipes you'll love to share with your nearest and dearest this Valentine's Day at Culinary.net.

Cocoa-Kissed Red Velvet Pancakes

Recipe courtesy of Nestlé

Servings: 10 pancakes

1 cup all-purpose flour
¼ cup granulated sugar

3 tablespoons Nestlé Toll House Baking Cocoa
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 large egg
1 cup reduced-fat buttermilk or low-fat milk
2 tablespoons unsalted butter, melted
1 ½ teaspoons vanilla extract
1 teaspoon red food coloring
heart-shaped pancake cutters or cookie cutters (optional)
butter, for garnish (optional)
powdered sugar, for garnish (optional)
maple syrup, for garnish (optional)
fresh berries, for garnish (optional)

In large bowl, combine flour, sugar, baking cocoa, baking powder, baking soda and salt; stir well.

In separate large bowl, whisk together egg, buttermilk, unsalted butter, vanilla extract and food coloring. Add to flour mixture; stir to combine. Allow mixture to sit 5 minutes.

Heat nonstick skillet or griddle over medium heat. Brush with oil or butter. Add about ¼ cup batter to skillet. Cook about 2 minutes, or until bubbles start to form on top. Flip and cook 1-2 minutes, or until bottom is lightly browned. Serve immediately with butter, powdered sugar, syrup and berries, if desired.

Tip: If using pancake or cookie cutters, be sure to coat with oil so pancakes don't stick. Place cutters in skillet and pour batter into cutters. Remove cutters before flipping. ♦

Grow Tasty and Nutritious Leafy Greens Indoors

by Melinda Myers

BOOST THE FLAVOR and nutritional value of winter meals by growing a container of greens indoors. Plant, tend and harvest greens for garden-fresh flavor now and throughout the year.

Green leafy vegetables are healthy sources of carbohydrates, typically rich in fiber and nutrients, while also being low in fat and calories. Many of these vegetables can help reduce the risk of stroke, anemia, high blood pressure, certain cancers and diabetes. They also help improve the health of your gut, heart, bone and skin while boosting your body's immunity.

To create your own indoor garden of greens, all you need are seeds, a container, potting mix and a sunny window or artificial lights. Select a container or planter with drainage holes or reduce maintenance with the help of self-watering containers like the Viva Round or Square self-watering planters. Their water reservoirs reduce watering frequency.

Fill the container with a quality potting mix that is well-drained and retains moisture. Plant seeds as recommended on the seed packet. You can grow each type of green in its own container or mix them up for an attractive display in larger planters like the Tartu Elevated Rectangular Planter (gardeners.com).

Water thoroughly and often enough to keep the soil moist while waiting for the seeds to sprout. Reduce the need for frequent watering by covering newly planted containers with a plastic sheet or dome. Once sprouts appear, remove the plastic and begin watering thoroughly when the top inch of soil begins to dry.

Boost productivity and increase

planting space with the help of artificial lights. You will find a variety of setups for any space in your home. Counter and tabletop light stands like the Micro Grow Light Garden can be conveniently located in the kitchen or dining room. Stand-alone light shelves provide more growing space within a small footprint. Furniture-grade light stands make them easy to use in any room in the house.

Grow greens you and your family like to use in your favorite recipes and salads. Green or red leaf lettuce is easy to grow indoors and its mild flavor is most appealing to children and picky eaters.

Spinach is another popular and easy-to-grow leafy green vegetable used fresh in salads and smoothies or added to soups and sauces. It contains many vitamins and nutrients, including iron, folic acid and calcium.

Kale is considered a superfood. This nutrient-dense vegetable is packed with vitamins, minerals, and antioxidants. If the flavor is a bit too intense for you, try the baby leaf types that are milder in flavor, or try braising kale for a milder flavor and more tender texture.

Add a bit of peppery flavor to salads, soups, pastas and other dishes with aru-

gula. Add a spicier flavor with mustard greens. Sauté mustard greens or add them to your favorite Southern, Asian, Indian or savory dish.

Include color and flavor in your winter meals with beet greens. The leafy part of this vegetable is often overlooked but is the most nutritious part of the plant. Use these the same way you would spinach or kale. You can purchase beet varieties selected for growing the best greens to harvest from baby to full size.

Make it more fun by getting others involved. Hand family members and guests a plate and kitchen shears so they can harvest and help prepare the meal.



Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook*, 2nd Edition. She hosts *The Great Courses* "How to Grow Anything" DVD series and Melinda's *Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Gardener's Supply* for her expertise to write this article. Her website is www.MelindaMyers.com.



Tabletop light stands work well on kitchen counters and provide plenty of light for greens to grow.

Photo courtesy of *Gardener's Supply Company*/gardeners.com

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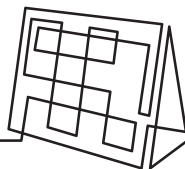
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Calendar

Feb. 9 - Feb. 23, 2023



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. equityarcata.com.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Internet, Online. A live open mic poetry reading on Zoom on the last Thursday of each month. Teens and adults share poems in any form or style, or just listen. Email registration required. Free. carrm@mendocino-county.org.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Internet, Online. Build English language confidence in ongoing online and in-person

classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressemPOWERED.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Internet, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166, ext. 310.

Curry County

LIFESTYLE & COMMUNITY

Knights of Columbus Breakfast. Second Sunday of every month, 8-10:30 a.m. Star of the Sea Catholic Church, 820 Old County Road, Brookings. Every second Sunday of the month. \$8.

Del Norte County

ARTS & CULTURE

Alice DiMichele. Fri., Feb. 10, 7 p.m. Tolowa Event Center, 350 N Indian Road, Smith River. Acoustic soul, folk and Americana. \$20-\$15. visitdelnortecounty.com/venue/tolowa-event-center/.

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

ARTS & CULTURE

The Brothers Reed. Sat., Feb. 18, 6 p.m. Trinity County Brewing Co., 301 Main Street (State Route 299), Weaverville. Folk, bluegrass, Americana.

LIFESTYLE & COMMUNITY

Chinese New Year Celebration and Lion Dance. Sat., Feb. 18, 10 a.m.-2 p.m. Weaverville Joss House State Historic Park, 630 Main St. Celebrate the Year of the Rabbit with a traditional firecracker display, lion dance, hot tea and fortune cookies, Chinese New Year crafts and tours of the Cloud Forest Temple. Free.

NIGHTLIFE

Open Mic Night. Thursdays, 4-7 p.m. Trinity County Brewing Co., 301 Main Street (State

CONTINUED ON NEXT PAGE →

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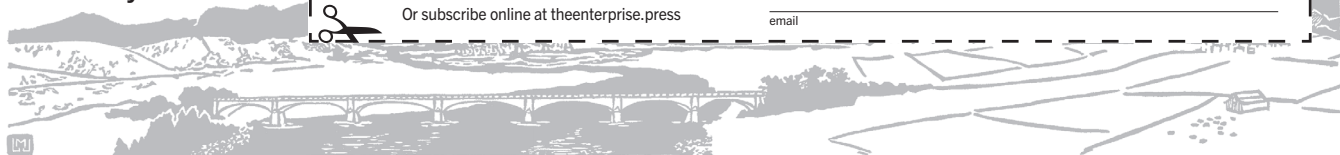
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Calendar

← CONTINUED FROM PREVIOUS PAGE

Route 299), Weaverville. Food, music, beer and friends.

Humboldt County

ARTS & CULTURE

'No Strings Attached' Trivia. Tuesdays, 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Afrocentric Art w/SoulBunni. Thu., Feb. 16, 6-8 p.m. The Sanctuary, 1301 J St., Arcata. BIPOC exclusive event. Afrocentric art skills led and facilitated by SoulBunni. Supplies and light refreshments provided. All ages. blackhumboldt@gmail.com. blackhumboldt.com/black-liberation-month. (707) 840-4641.

Anti-Valentine Cabaret. Sat., Feb. 11, 7:30 p.m. Redwood Curtain Theatre, 220 First St., Eureka. A cabaret celebration of break-ups, farewells and can't-get-rid-of-you-fast-enoughs. redwoodcurtain.com.

Arts! Arcata. Second Friday of every month, 4-8 p.m. City of Arcata, Arcata. Celebrate the visual and performing arts in Downtown Arcata during Arts! Arcata. Enjoy art, shopping, live music, events and more.

Authors Celebration. Tue., Feb. 14, 3-4 p.m. Cal Poly Humboldt Library, 1 Harpst St., Arcata. Celebrating local authors who have published in 2022 with talks, a social hour, trivia and refreshments. Free. humboldt.edu/authors.humboldt.edu. (707) 826-4072.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

Beauty and the Beast Jr. Fri., Feb. 17, 7-8 p.m. and Sat., Feb. 18, 2-3 & 7-8 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. Based on the original Broadway production, a story of transformation and inner beauty. \$20, \$15 ages 12 and under. info@hloc.org. hloc.org. (707) 630-5013.

Blueberry Hill Boogie Band. Sat., Feb. 18, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Rock and roll, soul and swing. Free. redwoodcurtainbrewing.com.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Daniela Mineva. Sat., Feb. 11, 7:30 p.m. Fortuna Monday Club, 610 Main St. Classical piano. \$10.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Hawktail. Tue., Feb. 21, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Acoustic quartet. \$31.50.

Heart Rock Mosaic Workshop. Thu., Feb. 9, 5:30 p.m. Six Rivers Brewery, Tasting Room & Restaurant, 1300 Central Ave., McKinleyville. A laid back mosaic making workshop. All materials, tools and instruction provided. Drink voucher included. Email to reserve your spot. \$40. naturesmosaic@gmail.com. naturesmosaic.wixsite.com/mosaic.

Jackbox Night. Thursdays, 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Local stand-up talent rotate as your comedic host. You only need your smart phone or device to play. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Jacob Joliff Band. Sun., Feb. 19, 7 p.m. Arcata Playhouse, 1251 Ninth St. Bluegrass supergroup led by a premier contemporary bluegrass mandolinist. \$20. arcataplayhouse.org/playhousearts.org/events/jacob-joliff-band/. (707) 822-1575.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday.

Live Music. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for updates on who's playing. Free. fieldbrookmarket@gmail.com. (707) 633-6097.

Margo Price. Sat., Feb. 11, 8 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Rock and roll, psychedelic country and rhythm and blues. With special guest Lola Kirke.

McKinleyville Community Choir Rehearsal.



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www.louieshumboldt.com

Thursdays, 6:30-8:30 p.m. Arcata Presbyterian Church, 670 11th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

Meow Wolf: Origin Story (2019) - Fundraiser for Fistula Foundation. Thu., Feb. 23, 6:30-9 p.m. Arcata Theatre Lounge, 1036 G St. Immersive, interactive experience. Pre-show @ 6:30 p.m. Movie at 7 p.m. Not rated. All ages. Benefits women suffering with obstetric fistula. \$10 suggested donation. info@arcatatheatre.com. facebook.com/events/928513788523355/. (707) 613-3030.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free. donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeak-easyeureka. (707) 444-2244.

Papa Haole and the Fleas. Sat., Feb. 11, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Originally composed tropical/reggae dance music and some covers. Free. redwoodcurtainbrewing.com.

Please Don't Leave. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Scott Hoyle runs this improv-based comedy show with a rotating panel of the best local comedians and touring comics. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Renaissance Church w/Mo Desir. Sun., Feb. 12, 12-1 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Full body workout and stretch to the Renaissance album by Beyoncé. All dance levels invited to join in on easy to follow hip hop, dancehall and ballroom routines. Free, \$5 suggested donation. Admin@MoHDCreates.com. mohdcreates.com/schedule-of-events. (707) 633-3137.

Riders In The Sky. Thu., Feb. 16, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Award-winning harmonies, wacky Western wit and comedy and Western with high-yodeling adventures Riders In The Sky. \$46.50.

Romeo + Juliet (1996) - Happy Valentine's Day. Tue., Feb. 14, 7-10 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 7 p.m. Movie at 8 p.m. Rated PG-13. All ages (12 and under parental guidance suggested). \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/904293907439099/. (707) 613-3030.

Sci-Fi Night: Earth Girls Are Easy (1988). Wed., Feb. 15, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle 7:15 p.m. Main feature at 7:20 p.m. All ages (12 and under parental guidance suggested). \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/1509497022859248/. (707) 613-3030.

Sci-Fi Night: Nope (2022). Wed., Feb. 22, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle 6:55 p.m. Main feature at 7 p.m. Rated R. All ages (12 and under parental guidance suggested). \$5, \$9 admission and poster. info@arcatatheatre.com. arcatatheatre.com. 707-613-3030.

Songwriters Sharing Circle. Second Sunday of every month, 10:30 a.m.-noon. Abundance Upcycle Boutique, 410 Railroad Ave., Blue Lake. In-person sharing of original songs in

six-minute blocks with vetted sign-ups. Play live with an audience that supports the song-writing process. Details on Second Sunday Songwriters Humboldt Circle Facebook page. Free/donation. (707) 616-4502.

Stand-up Comedy Workshop. Sundays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagehenrycomedy.com. (707) 845-8864.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get

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Calendar

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five minutes. Zero hate speech tolerated. All ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

The Last Unicorn (1982). Sun., Feb. 19, 5-8 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated G. All ages. \$8, \$12 admission and poster. info@arcatatheatre.com. www.facebook.com/events/559250779562599/. 707-613-3030.

Thee Sacred Souls. Wed., Feb. 22, 8 p.m. Kate Buchanan Room, Humboldt State University, Arcata. The San Diego group's sound touches on Chicano, Philly, Chicago, Memphis and even Panama soul.

Thursday Night Art. Thursdays, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Bring your own supplies or use what's around to collage, paint, draw, make an art book. Bring an instrument to jam in the Great Hall. Free, \$5-\$20 donation appreciated. sanctuaryarcata.org.

Tony Levin and Stick Men. Fri., Feb. 10, 8 p.m. Arcata Playhouse, 1251 Ninth St. Hard driving prog and alt rock. \$30. info@arcata-playhouse.org. playhousearts.org/events/stickmen-featuring-tony-levin-pat-mastelot-to-markus-reuter/. (707) 822-1575.

LIFESTYLE & COMMUNITY

An Evening of Wine & Chocolate. Tue., Feb. 14, 7-8 p.m. Dick Taylor Chocolate Factory, 333 First Street, Eureka. Enjoy candle light, chocolate and local wine. Head Chocolate Maker Adam Dick guides you through favorite pairings and how they're selected. Served with complimentary chocolate-dipped strawberries. \$45. info@dtchocolate.com. eventbrite.com/e/wine-chocolate-at-the-dick-taylor-chocolate-factory-tickets-520012259667. (707) 798-6010.

Arcata Plaza Farmers Market. Saturdays, 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Enjoy music (during the main season) and hot food vendors at this family-friendly event. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/arcataplaza.html. (707) 441-9999.

Art & Nature at the Refuge. Third Sunday of every month, 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Art and nature exploration activities for all ages and abilities. Drop-in anytime between

1 and 4 p.m. Rain or shine. There's a different theme each month. Free. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Audubon Guided Field Trip w/Ralph Bucher. Sun., Feb. 12, 9-11 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Meet leader Ralph Bucher at the Visitor Center for this 2-mile walk along a wide, flat trail that is packed gravel and easily accessible. Email to sign up. Free. thebook@reninet.com. rras.org.

Audubon Guided Field Trip. Sat., Feb. 18, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet trip leader Michael Morris at the end of South I Street (Klopp Lake) for easy-to-walk trails, a beautiful view of Humboldt Bay, a possible otter sighting, and a diverse range of overwintering birds, including ducks, shorebirds, herons and egrets, raptors and songbirds. Free. www.rras.org.

Audubon Guided Field Trip. Sun., Feb. 19, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. This relatively urban trail offers the potential to observe species abundance and diversity. This walk is on a flat, paved trail that is wheelchair accessible. Email to sign up. Free. thebook@reninet.com. rras.org.

Beginning Birdwatching & Project Feeder Watch. Third Saturday of every month, 10 a.m.-noon. Jacoby Creek School, 1617 Old Arcata Road, Bayside. Drop in to watch and learn about birds in an informal, family-friendly setting. Bring binoculars. A few pairs available. Visit feederwatch.org/about/project-overview. Free. daseeger@gmail.com. rras.org/home.aspx.

Breathe to Heal w/RA of Holistic Hip Hop. Sun., Feb. 19, 11 a.m.-1 p.m. Movewell, 901 8th Street, Arcata. BIPOC exclusive space. Presentation on the science of breath work and meditation techniques, then a breath work session (about 45 minutes) and space for integration. Blackhumboldt@gmail.com. blackhumboldt.com/black-liberation-month. (707) 840-4641.

Champions for Youth Dinner and Auction. Sat., Feb. 18, 6-10 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. The Boys and Girls Club of the Redwoods' annual dinner and auction (formerly Bids for Kids). Dinner by Cassaro Catering, signature cocktails, live band and live painting by Matt Beard. Tickets are now on sale at bgcredwoods.org. redwoodacres.com.

Dune Restoration Volunteer Day. Second

Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Restore the biodiversity of the coastal dunes with the team. Snacks and tools provided. Meet at the center a few minutes before 10 a.m. Free. info@friendsofthedunes.org. friendsofthedunes.org. (707) 444-1397.

Firemen's Games. Sun., Feb. 19, 12-3 p.m. Ferndale Fire Department, 436 Brown St. Ferndale's volunteer firefighters compete in old-fashioned firefighting techniques including bucket brigade, quick dressing and hose coupling in this family-friendly annual event.

FOAM Marsh Tour. Sat., Feb. 11, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Sharon Levy in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on Marsh history, wastewater treatment, birds and/or ecology. Masks are strongly recommended inside the building. Free. (707) 826-2359.

Forest Restoration at Rohner Park. Third Saturday of every month, 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English ivy and French broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

Founders Grove Winter Walks. Fri., Feb. 10, 2-3 p.m. and Fri., Feb. 17, 2-3 p.m. Humboldt Redwoods State Park, 17119 Avenue of Giants, Weott. A guided walk through Founders Grove Loop with information on cultural and natural history. Meet by the Founders Grove park restrooms on Dyerville Loop Road. Bring comfortable walking shoes, water and maybe a rain jacket. Walks are 0.6 miles long on an ADA trail and take about 1 hour. Free. humboldtredwoods.org.

Fruit Tree Grafting: Lecture, Demonstration and Tour. Sun., Feb. 12, 2-4 p.m. Rainshine Permaculture Homestead, Must register for event for address, Freshwater. An introduction with an emphasis on making new trees and adding new varieties to existing trees. Rain or shine. Lecture and demonstration indoors, homestead tour follows. Email to reserve space. Free, \$10-20 donation recommended. rainshinepermaculture@gmail.com. (707) 672-3102.

Gould Grove Winter Walks. Sat., Feb. 11, 11 a.m.-noon and Sat., Feb. 18, 11 a.m.-noon. Humboldt Redwoods State Park, 17119 Avenue of Giants, Weott. A guided walk with

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information on cultural and natural history. Meet in front of the Humboldt Redwoods State Park Visitor Center. Bring comfortable walking shoes, water and maybe a rain jacket. Walks are 0.6 miles long, on an ADA trail and take about 1 hour. Free. humboldtredwoods.org.

Habitat Improvement Team Volunteer

Workday. Second Saturday of every month, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water. Tools, gloves and snack provided. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Hearts by the Sea. Fri., Feb. 10, noon-midnight and Sat., Feb. 11, noon-midnight. Old Town Gazebo, Second and F streets, Eureka. Pre-Valentine's Day weekend events. See visiteureka.com/hearts for full details. Free. info@visiteureka.com. visiteureka.com/hearts/. (707) 834-5700.

Hounds of Humboldt Puppy Love Party.

Sat., Feb. 11, 12-6 p.m. Mad River Brewing Co. & Tap Room, 101 Taylor Way, Blue Lake. Contests, pet vendors, beer, wine, barbecue, DJ music. "Kissing booth" photo booth for you and your dogs. houndsofhumboldt@gmail.com. houndsofhumboldt.com/events. (209) 614-0108.

Humboldt Jewish Music and Culture Festival.

Feb. 12-26. Countywide, Locations throughout Humboldt County, Humboldt. The fourth annual festival featuring the San Francisco Yiddish Combo presenting two concerts and two workshops, runs through Feb. 26, both in person and on Zoom. Full schedule online. Prices vary. templebetheleureka.org.

Kid's Night at the Museum.

Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Language Exchange Meetup. Second Friday of every month, 5-7 p.m. Familia Coffee, 1350 Ninth St., Arcata. Speak your native language. Teach someone a language. Learn a language. familiacoffees.com/. (925) 214-8099.

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Paul Marsh
Human Being, PhD
Officiant, Concierge
& Adventurer

Calendar

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Look Closer and Make Connections.

Tuesdays-Saturdays, 10 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Explore new exhibits and activities, including a grizzly bear specimen, Discovery Boxes, microscopes, puzzles, scavenger hunts and more. \$3. natmus@humboldt.edu. natmus.humboldt.edu. (707) 826-4479.

Out 4 Business. Last Wednesday of every month, 4-6:30 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. An LGBTQ+ professionals networking mixer for LGBTQ+ community, friends, allies and business professionals who value diversity and inclusivity. Food and drinks. Free. trex@historiceaglehouse.com. [facebook.com/even ts/465896384993422/465896418326752/?active_tab=discussion](https://www.facebook.com/even ts/465896384993422/465896418326752/?active_tab=discussion). (707) 407-0634.

Pancake Breakfast. Third Sunday of every month, 8-11 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. All the scratch-made pancakes you can eat, organic eggs cooked to order, bacon or local sausage, coffee or milk, organic orange juice. \$10, \$5 for ages 7-12, free for ages 6 and under. evenson@igc.org. (707) 629-3421.

Redwood Region Audubon Society Banquet

& Silent Auction. Sat., Feb. 18, 5:30-9 p.m. D Street Neighborhood Center, 1301 D St., Arcata. Vitek Jirinec presents "Climate Change is Transforming the Bodies of Birds!" on the birds of the Amazon rainforest. Social hour begins at 5:30 p.m. and dinner at 6:30 p.m. Ticket information online. \$35. rras.org.

Richardson Grove State Park Winter Walks.

Sat., Feb. 11, 11:30 a.m. and Sat., Feb. 18, 11:30 a.m.-12:30 p.m. Richardson Grove State Park Visitor's Center, 1600 U.S. Highway 101 #8, Garberville. A guided walk with information about the park's cultural and natural history. Bring comfortable walking shoes, water and maybe a rain jacket. Walks are 0.5 miles long and about one hour on an ADA trail on Exhibit Trail or Nature Loop. Free.

Samoa Dunes & Wetlands Conservation

Area. Third Saturday of every month, 10 a.m.-1 p.m. Samoa Dunes & Wetlands Conservation Area, Coper Lane, Arcata. Join a Friends of the Dunes naturalist for a free guided tour of this recently conserved area. The program will include walking on loose sand and up and down some moderate slopes. Send an email or call (707) 444-1397 to sign up. Free. info@friendsofthedunes.org.



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Sequoia Park Ivy Removal. Sat., Feb. 18, 9 a.m.-1 p.m. Sequoia Park, 3414 W St., Eureka. Drop into the park anytime between 9 a.m. and 1 p.m. to help remove Ivy. Enter Sequoia Park at the corner of Glatt and T streets by the fountain. (707) 441-4080.

Trivia Night. Third Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Test your knowledge while enjoying craft beer. The winning team wins a Redwood Curtain gift card. (707) 269-7143.

Women & Girls' Birding Field Trip. Sun., Feb. 12, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join Susan Penn and Susan O'Connor on an adventure to the Humboldt Bay National Wildlife Refuge and Loleta area. Meet at the Hookton Slough Unit. Free. rras.org.

Woodturners Meeting. Second Saturday of every month, 1-3 p.m. Almquist Lumber Company, 5301 Boyd Road, Arcata. Exchange ideas, instruction and techniques for safe and successful woodturning. Beginning and experienced turners welcome. Meetings include a themed project demo, show and tell opportunities and Q&A. Free. redcoast-turners@gmail.com. (707) 616-4922.

NIGHTLIFE

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Reel Genius Trivia at Scotia Lodge. Thu., Feb. 16, 6-8 p.m. Scotia Lodge, 100 Main St. General trivia for everyone on the first and third Thursday of the month. Family friendly, free to play. Max seven players per team. Fun format with prizes for winners. partners@reelgeniustrivia.com. fb.me/e/2umTGMIfP. (707) 601-1606.

Throw 'Em Back Thursdays. Third Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

Thursday-Friday-Saturday Canteen.

Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.



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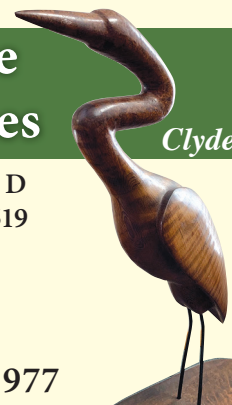
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Calendar

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Mendocino County

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.



My NAME IS KOTA

Spayed Female, 2 years old, Husky/ Shepherd mix, 54 Pounds.



My NAME IS KADE

4 months old, NEUTERED male, domestic short hair, black tabby



Mendocino Animal Shelter
www.mendoanimalshelter.com
(707) 463-4427

CROSSWORD

ACROSS

1. Memo-heading initials
4. Afts and eves
7. "They call me ___!" (classic 1967 film line)
14. i piece?
15. Have something
16. Male prom date: boutonniere :: female prom date: ___
17. Ripen
18. Beats by ___ (audio equipment brand)
19. Submits via USPS
20. Inflicts harm after splitting into groups of two?
23. Without company
24. Fr. miss
25. Insect in a vespiary
28. Soccer star Lionel who went pro at 13
32. Affects the world through diplomatic agreements?
38. Org. for the Suns or the Heat
39. Sushi eggs
40. Goose egg
41. Contents of some wells
43. Communicates, but not all at once?
47. Simple-living sect
48. Grain, e.g.
49. Looking up
52. Punching bag in the back of the mouth, in cartoons
56. Brings commodities from abroad using seaside locations?
62. Primed
63. Biblical verb ending
64. Signs off on
66. Uranus' largest moon
67. When repeated, a Latin dance
68. Drain-clearing chemical
69. Vidal who was flown to Hollywood to cut Mia Farrow's hair for the film "Rosemary's Baby"
70. Trivia whiz Jennings
71. Turn blue, say

DOWN

1. Org. that approves new pharmaceuticals
2. Berra whose 2015 New York Times obit read "Yankee Who Built His Stardom 90 Percent on Skill and Half on Wit"
3. Agenda part
4. Go by bike
5. Chef Batali
6. Like disciplinarians
7. Year Theodore Roosevelt took office
8. Equine color
9. Common game show prize
10. Like the teaching offered in a madrasa
11. Pesto ingredient
12. She's a hip-hop fan
13. Have a feeling
21. "Come to ___"
22. Certain playoff game
25. Come out on top
26. Both: Prefix
27. ___ folder

29. Wyoming senator Mike
30. Option on "Wheel of Fortune"
31. NFL Pro Bowler Warren who competed on "Dancing With the Stars"
33. Learn fast, say
34. Spelling of "90210"
35. Goes down in the west
36. Shredded
37. Online destination
42. Hit from the '60s?
44. Commercial bribes
45. Feng ___
46. Miles away
49. Civil eruptions
50. "Labor ___ vincit" (Oklahoma's motto)
51. Tiffs
53. Sweater style
54. Words before river or wazoo
55. Celeb who once released a pink lipstick called "Lindsay"
57. Member of Clinton's cabinet for all eight years
58. TLC, e.g.
59. Slugger Musial
60. Blabbed
61. Vodka in a blue bottle
65. Be cognizant of

LAST EDITION'S ANSWERS TO GIVE IT A GO

L	E	V	I		A	L	B	A		C	I	S	C	O
I	N	O	W		N	E	E	D		A	L	L	O	W
A	D	I	O	S	A	M	I	S		B	I	O	M	E
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	W	A	I	T	I	N	G	F	O	R	D	O	T	
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HOME COUNTRY

By Slim Randles



IT'S COMING UP on St. Valentine's Day, so I thought I should share the love story of Coalie and Wilma, and every word is true.

Coalie was one of Sequoia-Kings Pack Trains' mules. Coal black of course, and if he should get a good shot, you could be kicked. Pack mule, not riding mule. Wilma was a little brown mule belonging to Rock Creek Pack Station out of Bishop, some 40 miles north of us.

Well, my boss, Gene Burkhart, and Rock Creek's boss, Herb London, pastured their pack stock together each winter just outside Independence. Come June, we'd go catch our stock out of this 110,000-acre mostly desert ranch, and string them together and lead them straight up about 10 miles to a little meadow called Onion Valley, where our head-

quarters were. It took days to get them all up there.

Herb's packers would truck his stock more than 40 miles north, through three towns and lots of rough country, to their pack station.

It was about three days after I'd led a string of mules overnight to the pack station, including Coalie, and got ready for our season. I went out in the morning and found a little brown mare mule giving muzzle snuggles to Coalie. From the brand on her, we knew she was one of Herb's, so Gene called him and Herb drove all the way to get her.

Four days later, she was back in the mule corral making mulie smooches with her boyfriend. She had tracked Coalie from the winter pasture down 40 miles

of highway 395, across five miles of desert and up nine miles of mountains. Twice.

Mules have gender, but are sterile hybrids and don't "mate" physically. They are a combination of a horse mother and a donkey dad.

Gene and Herb decided love was stronger than anything else we had around there, so Gene gave Herb a mule, and Wilma became ours. Well, Coalie's.

After that, for as long as they lived, if you took one, you had to take the other.

A few of the old packers said they'd heard about mules occasionally getting "married" but this was the first time seeing it, and it was the first for me, too.

So Happy Valentine's Day, Coalie and Wilma, wherever you roam these days. Thanks for setting a good example for the rest of us. The world loves lovers. ♦

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MY NAME IS RAJNA

Cattle Dog Mix, Young Female Medium
White / Cream, Tricolor (Brown, Black, & White)



MY NAME IS PAPRIKA

Domestic Short Hair.
Adult, Female, Small.



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Vote
FEB. 14-19

Vote for your favorites Feb. 14-19. One vote per day, per category.

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